



Lifespan  
Community Health  
Institute  
*Delivering health with care.®*

# Safe Sitter® Class

## Safe Sitter® Class Content

### Babysitting as a Business



Students learn how to screen jobs for their safety and ability level, as well as what information to leave with their parents and get from their employers.

Students learn what to do if an infant or child chokes. Students are individually tested using CPR manikins.



### Infant & Child Choking Rescue

### Injury Prevention & Injury Management



Students learn a system to evaluate the severity and urgency of a problem and determine how to get help. Students learn to prevent injuries by learning how, why, and where injuries can occur.

Students learn how to prevent problem behavior in addition to a system to determine the severity and urgency of the problem behavior.



### Behavior Management

### Safety for the Sitter



All aspects of staying safe are discussed for those home alone or babysitting. Students learn how to react to a variety of threatening situations from power failures to prowlers.

Students learn the basics of child development from infants to school age children. Practice is included for skills like feeding and diapering.



### Child Care Essentials

### Infant and Child CPR



In some classes, business skills are condensed to allow students learn infant and child CPR techniques.

## Safe Sitter® Mission

The mission of Safe Sitter® is to provide life skills, safety skills, and child care training to all youth in order to build safer communities.

### Other important details:

- This program is for students ages 11-14.
- Cost: \$50 per student, includes all materials. Checks payable to: The Miriam Hospital. Mail to: Robin Zaman, Lifespan Community Health, 335R Prairie Ave., Suite 2B, Providence, RI 02905. Need-based scholarships available.
- Students should bring a lunch.
- PPE and distancing restrictions to adhere to COVID-19 safety guidelines.

### Sign up for a class or

### Bring Safe Sitter to your community.

Classes are conducted at the Lifespan Community Health Institute in Providence or in community-based settings. Sign up for one of our scheduled classes or work with us to bring the Safe Sitter program to your community!

For more information or to register for one of our classes, contact Marly Holloway:

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